

Decision Making: A lot of choices in college

Moving away from your goals

Moving towards your goals

Impulse Problems

Controlling Impulses

Hanging with kids with no college goals Who are your friends? Do they get you closer or further away from your goals?	Hanging with kids with realistic college goals
Hanging with kids with substance control problems Do they get drunk often?	Hanging with kids who can say no to substances
Hanging with kids who have academic problems How serious are they about graduating?	Hanging with kids who are good students
Skipping classes Like work, just being there is half the battle - would you skip going to work?	Go to every class
Not doing homework - it doesn't matter It really does matter. Learning builds sequentially through studying and completing assignments	Giving homework your best
Having trouble saying "no" to bad choices Learning to say "no" is hard. People may be disappointed in you. It gets better over time	Learning to say "no" to bad choices
Getting drunk especially Thurs. though Sun. A dangerous trend - bad for academics, your health, dangerous behaviors while drunk	Drinking, or not, but not getting drunk Having fun without getting drunk
Messing with substances They' illegal. What are the consequences if caught?	Saying "no" to offers of substances
Gambling Becoming a real problem. Can create tremendous problems with debt	Not gambling with money
Real trouble controlling impulses Doing what you "feel" like doing rather than thinking through the consequences results in a lot of trouble	Counting to "10" strategies - learning to put the brakes on impulses - don't make immediate decisions around risky choices
Physical fights to solve anger College is about increasingly learning to use your brain to solve problems	Using words to solve anger
Engaging in unprotected sex Think disease, pregnancy	There's only one form of sex - safe sex
Engaging in bullying Especially easy with the internet	Don't post anything that you wouldn't want said about you
Not participating in any sport, group, service learning program, etc. This stuff is just for "geeks"	Getting involved is a great way to forget about your own troubles and help you to stay focused

Lying, cheating and stealing It's all trouble and can get you dismissed	Honesty is the best policy What would your "mother" say?
Driving drunk or getting in the car with someone driving drunk "they won't catch me"	Not operating drunk or getting into the car with a drunk driver - really bad things can happen
Having weapons of any sort on or off campus "They're illegal but I won't get caught"	Saying no to these choices
Blaming others for your problems 'I've got problems because of my parents or my teachers.	In the end, you look in the mirror, and know that the decisions and choices that you have made are responsible for your successes and failures

1. List your friends. Describe your relationship with them. On a scale from 1 to 10 with 10 being the greatest help in achieving your goals, give each friend a number.

2. On a scale from 1 to 10, with 10 being the highest, how would you rate your decision making abilities?

3. What's your plan for either continuing to make good decisions or making better decisions